

# **Finding Healthy Fats**

What kind should I eat?

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**Adapted from the Weigh to Live Program  
Darnall Army Community Hospital  
Fort Hood, Texas**

# Fat Can...

- Increase Blood Cholesterol
  - Saturated Fat
  - Dietary Cholesterol
  - Trans Fatty Acids (Hydrogenated Fats)
- Decrease Blood Cholesterol
  - Monounsaturated
  - Polyunsaturated

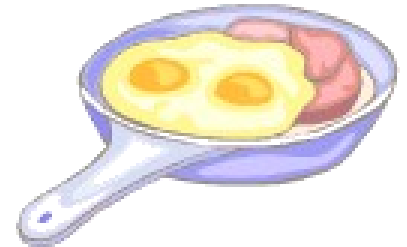
# Saturated Fat

- Solid at room temperature
- Raises LDL (bad cholesterol) more than anything else
- Foods with saturated fat include butter, whole milk, meat fat, poultry fat and skin, coconut oil, palm oil



# Dietary Cholesterol

- Foods with cholesterol
  - Come from animals (the liver makes cholesterol)
  - Meat, whole milk, dairy, egg yolk
- Has only small effect on blood cholesterol
  - 10-20% from food
  - 80-90% from your liver



# ***Trans* Fatty Acids**

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- Listed on ingredient label
- Made by processing a liquid fat to make it a hardened fat
- Examples of foods with *trans* fatty acids
  - Shortening, snacks, stick margarine, desserts

# Unsaturated Fat

- Liquid at room temp
- Will lower LDL (bad cholesterol)
- Types
  - Polyunsaturated fat: Decreases HDL (good cholesterol) in the blood
  - Monounsaturated fat: no effect on HDL



# Polyunsaturated Fats

- Corn, Safflower, Sunflower Oil
- High in omega-3 fatty acids
  - Fatty Fish
    - Grind before use
    - Refrigerate
  - Flaxseed
  - Walnuts



# Monounsaturated Fats



Canola Oil  
(the yellow fields)

Olive Oil



Avocados



# Directions for Label Reading

Look at the highlighted items on the sample labels.

- Combine the grams (g) of saturated fat and *trans* fat and look for the lowest combined amount.
- Also, look for the lowest percent (%) Daily Value for cholesterol.
- Check all three nutrients to make the best choice for a healthful diet.

## Keep an eye on Saturated Fat, *Trans* Fat and Cholesterol

7g  
+  
0g




# Compare Desserts!

Keep an eye on Saturated Fat, *Trans* Fat and Cholesterol

Granola Bar	Sandwich Cookies	Cake, Iced and Filled
<p><b>Nutrition Facts</b> Serving Size 1 bar (33g) Servings Per Container 10</p> <p>Amount Per Serving <b>Calories</b> 140    <b>Calories from Fat</b> 45</p> <p><b>% Daily Value*</b></p> <p><b>Total Fat</b> 5g 8% + <b>Saturated Fat</b> 1g ← 5% <b>Trans Fat</b> 0g ← <b>Cholesterol</b> 0mg → 0%</p> <p><b>Combined Amt.: 1g</b></p>	<p><b>Nutrition Facts</b> Serving Size 2 cookies (28g) Servings Per Container 19</p> <p>Amount Per Serving <b>Calories</b> 130    <b>Calories from Fat</b> 45</p> <p><b>% Daily Value*</b></p> <p><b>Total Fat</b> 5g 8% + <b>Saturated Fat</b> 1g ← 5% <b>Trans Fat</b> 1.5g ← <b>Cholesterol</b> 0mg → 0%</p> <p><b>Combined Amt.: 2.5g</b></p>	<p><b>Nutrition Facts</b> Serving Size 2 cakes (66g) Servings Per Container 6</p> <p>Amount Per Serving <b>Calories</b> 280    <b>Calories from Fat</b> 140</p> <p><b>% Daily Value*</b></p> <p><b>Total Fat</b> 16g 25% + <b>Saturated Fat</b> 3.5g ← 18% <b>Trans Fat</b> 4.5g ← <b>Cholesterol</b> 10mg → 3%</p> <p><b>Combined Amt.: 8g</b></p>
<p><b>Cholesterol: 0 % DV</b></p>	<p><b>Cholesterol: 0 % DV</b></p>	<p><b>Cholesterol: 3 % DV</b></p>

# Compare Snacks!

Keep an eye on Saturated Fat, *Trans* Fat and Cholesterol

Frozen Potatoes (e.g. French Fries)	Potato Chips	Min-Sandwich Crackers
 <p><b>1g</b> + <b>1.5g</b></p> <p><b>Combined Amt.: 2.5g</b></p>	 <p><b>2g</b> + <b>0g</b></p> <p><b>Combined Amt.: 2g</b></p>	 <p><b>2g</b> + <b>2g</b></p> <p><b>Combined Amt.: 4g</b></p>
<p><b>Cholesterol: 0 % DV</b></p>	<p><b>Cholesterol: 0 % DV</b></p>	<p><b>Cholesterol: 1 % DV</b></p>

# Practical Tips

To Reduce  
Saturated Fat, *Trans*  
Fat, and Cholesterol



# Check the Nutrition Facts Panel

- Choose products with low or no saturated fat and *trans* fat
- Use the quick guide to % DV for sat. fat & cholesterol:
  - 5% or less is low**
  - 20% or more is high**

Start Here

Limit these Nutrients

Get Enough of these Nutrients

Footnote

Sample Label for Macaroni and Cheese

Nutrition Facts			
Serving Size 1 cup (228g)			
Servings Per Container 2			
Amount Per Serving			
Calories 250		Calories from Fat 110	
		% Daily Value*	
Total Fat	12g		18%
Saturated Fat	3g		15%
Trans Fat	1.5g		
Cholesterol	30mg		10%
Sodium	470mg		20%
Total Carbohydrate	31g		10%
Dietary Fiber	0g		0%
Sugars	5g		
Protein	5g		
Vitamin A			4%
Vitamin C			2%
Calcium			20%
Iron			4%

\* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Quick Guide to % DV

5% or less is low  
20% or more is high

# Choose Alternative Fats



- Replace saturated and *trans* fats in diet with poly- and monounsaturated fats



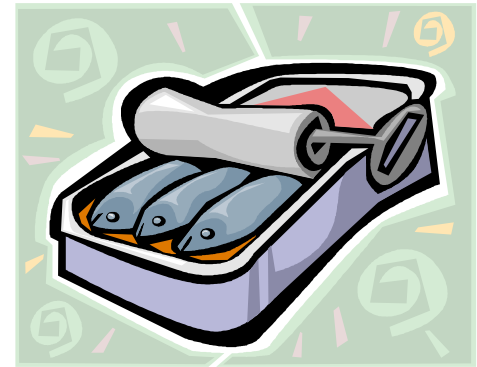
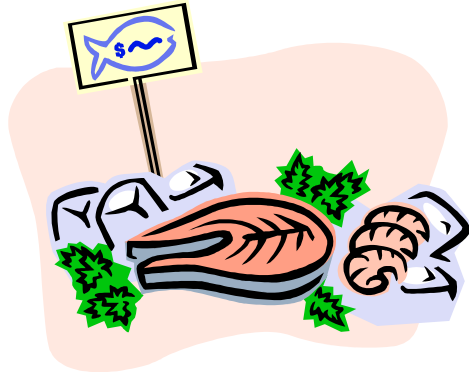
# Choose vegetable oils and soft margarines

- Except coconut and palm kernel oils
- Soft margarines are liquid, tub or spray
- These have less saturated fat, trans fat and cholesterol





# Consider Fish



- Most fish are lower in saturated fat than meat
- Some contain omega-3 fatty acids
  - Mackerel, sardines, salmon

# Choose Lean Meats



- Poultry
  - Without skin
  - Not fried
- Lean Beef and Pork
  - Trim visible fat
  - Not fried

# Ask Before You Order When Eating Out

- Ask which fats are used in preparation
- Ask for dressings and condiments on the side
  - Helps control the amount added to the food



# Watch Calories

Nutrient	Calories per Gram
Fat	9
Carbohydrates	4
Protein	4

60-70 grams of fat per day fits American Heart Association guidelines for average adult.